



# PRIME TIME NEWS

## Mountain View Senior Center

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### SENIOR CENTER HOURS

#### Monday - Wednesday

8:30 a.m. - 9:00 p.m.

#### Thursday - Friday

8:30 a.m. - 5:00 p.m.

### SENIOR CENTER STAFF

STEVE ACHABAL  
Senior Recreation Coordinator

MEGAN GARVERICK  
Recreation Coordinator

CYNTHIA SPINELLA  
Office Assistant III

JUSTINA LINAN  
Recreation Specialist

ELIZABETH MUSSO  
Lunch Program  
650-964-6586

EVENING BUILDING  
ATTENDANTS  
Christian Basconcilo  
Jose DeAnda  
Kyle Ignaitis  
Rich Stephens  
Peter Izzo  
Shona O'Neil

**HOLIDAYS** - The center will  
be closed on the following day:  
Mon, Feb 15, 2010

**WORKSHOPS:** Please note that space is limited for all  
workshops and pre-registration is required.  
To reserve a seat, call the Senior Center at  
(650) 903-6330 or visit the front desk.

### WEB CAP TEL, USING YOUR COMPUTER AND ANY PHONE TO MAKE CAPTIONED CALLS - Web Cap-

Tel is an Internet service that allows people who have  
difficulty hearing telephone conversations to have word-for-  
word captions displayed on their computer screen. The  
service is available through two organizations, Sprint and  
Hamilton, and a non-profit representative will be  
presenting. Space is limited so sign up early!

**Date: Tuesday, February 16th**

**Time: 10:30 p.m.**

**Location: Senior Center Meeting Room**



### A NEW YEAR, A NEW YOU - "My

idea of exercise is a good brisk sit". ~Phyllis  
Diller. We all have our excuses and opinions  
about exercise but you can make it fun and  
simple! Especially when you have other people

exercising with you. Learn about the Center's Walking  
Club, Stepping Strong, and also of the new, Seniors In  
Circuit Training (S. C. T.), which are just two of our many  
great exercise programs that **your** body wants you to take  
part in! Free refreshments will be served! Come learn about  
how you simply will make this year about a *new* you!

**Date: Thursday, February 18th**

**Time: 1:00 p.m.**

**Location: Senior Center, TBA**

### SUDOKU - Having trouble solving Sudoku Puzzles?

Come to this workshop to learn some simple techniques for  
solving them, and have fun doing it! Run by Richard  
Guertin who created his own Sudoku  
website! Sign up today!

**Date: Thursday, February 25th**

**Time: 1:00 p.m.**

**Location: Senior Center, TBA**



## WORKSHOPS